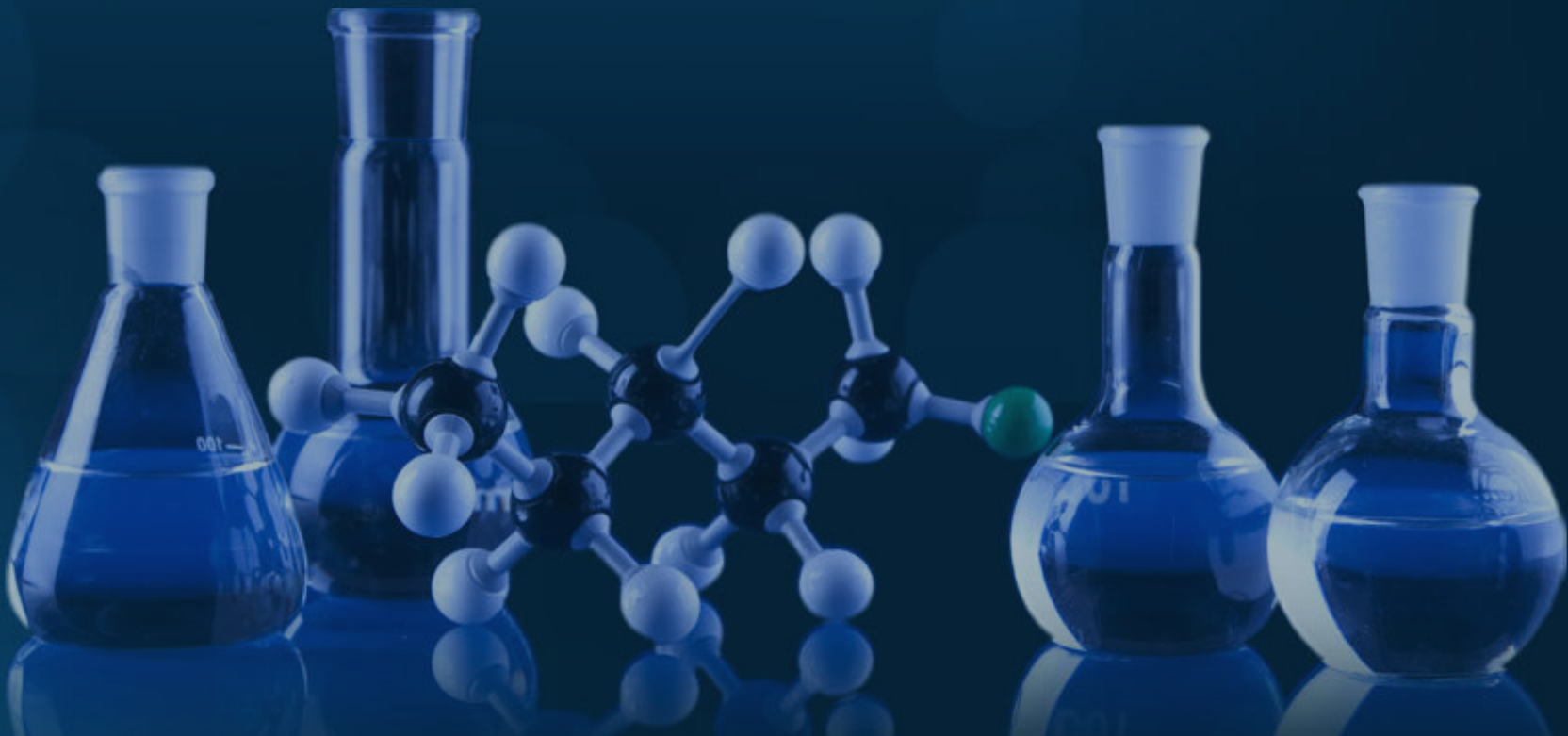




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



Manganese

Home » Mineral Information » Manganese



Sources Of Manganese

Meats -	snails, egg yolk
Nuts/seeds -	sunflower, coconuts, peanuts, pecans, walnuts, chestnuts, hazelnuts, almonds, brazil nuts
Fruits -	blueberries, olives, avocados
Vegetables -	corn, corn germ, parsley, legumes
Grains -	wheat, wheat germ and bran, rice, barley, oats, buckwheat, rye
Miscellaneous -	kelp, cloves, tea

Roles In The Body

- Energy Production, essential for
- Glucose tolerance levels, necessary for maintaining
- Tendons and ligaments, maintains integrity of
- Bone development, essential for

Functions Of Manganese

Nervous system -	synthesis of neurotransmitters
Reproductive system -	fertility
Endocrine system -	required for normal adrenal and thyroid gland activity
Skeletal -	tendons, ligaments, connective tissue
Metabolic -	energy production, glucose tolerance, utilization of fats and carbohydrates
Detoxification -	involved in superoxide dismutase

Synergetic Nutrients

zinc, choline, vitamin K

Antagonistic Nutrients

Absorption -	calcium, phosphorus, iron, soy protein
Metabolic -	copper, magnesium, iron, vanadium

Hair Analysis Notes

Manganese is called the maternal mineral because manganese-deficient animals cease to care for their young.

High Hair Manganese:

- may be due to manganese toxicity derived from drinking water containing excessively high levels of manganese.

Low Hair Manganese:

- low hair manganese levels are extremely common. However, if the manganese level is below .03 mg% it is considered very low.
- low manganese usually correlates with slow oxidation and low energy levels.

Reasons For Manganese Supplementation

- to raise low sodium levels
- to lower excessive iron, copper or other toxic metal levels
- to correct a low sodium/potassium ratio

*This material is for educational purposes only
The preceding statements have not been evaluated by the
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This information is not intended to diagnose, treat, cure or prevent any disease.*

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